Coronavirus

This is a short Easy Read Fact Sheet about Coronavirus.

**What is Coronavirus?**

It is a *virus*. This is a germ that makes people sick. It is also called COVID 19.

It is like the flu or a very bad cold.

Coronavirus spreads from person to person.

You might catch it when someone coughs near you.

Or you can catch it if you touch your face after touching things that have the virus on them.

**What can I do to stay safe?**

Here are some things you can do to help you and other people from getting sick from the virus.

Don’t stand close to other people in case they are sick.

Don’t shake hands. Say hello without touching other people.
Use a tissue when you cough.

Put your dirty tissue in the bin then wash your hands.

You can also cough into your elbow to stop germs spreading in the air.

Wash your hands a lot. You need to wash really well for 20 seconds. You need to get rid of any germs that might have got on your hands.

Use hand sanitiser if you are out and don’t have soap and water.

Don’t touch your face. If the Coronavirus germs are on your hands they could go into your body and make you sick.

**What if I feel sick?**

Do you have a sore throat, a cough and feel hot? Do you feel tired? Is it hard to breathe?

Tell your family or support workers as soon as you feel sick.

Don’t go to your doctor’s surgery.

Phone the **Coronavirus Hotline**. You can ring any time, day or night and talk to a health worker.

They will ask how you are feeling and tell you what to do next.

**The Hotline number is 1800 020 080**